**Vital Signs**

1. **Apical** - Pertaining to the apex or pointed end of the heart
2. **Apical Pulse** - Pulse taken with a stethoscope and near the apex of the heart
3. **Apnea** - Absence of respirations; temporary cessation of respirations
4. **Arrhythmia** -Irregular or abnormal rhythm, usually referring to the heart rhythm
5. **Axilla** - Armpit, the area of the body under the arm
6. **Auscultation** - The act of listening for sounds within the body
7. **Blood Pressure** -Pressure of circulating blood against the walls of the arteries
8. **Bradycardia** - Slow heart rate, usually below 60 beats a minute
9. **Bradypnea** - Slow respiratory rate, usually below 10 respirations a minute
10. **Capillary Refill** - is the rate at which blood refills empty capillaries. It can be measured by holding a hand higher than heart-level (prevents venous reflux), pressing a fingernail until it turns white, and taking note of the time needed for color to return once the nail is released
11. **Cardiac Arrest** - Sudden stopping of heart action
12. **Carotid Pulse** - felt along the long carotid artery on either side of the neck
13. **Clinical Thermometers** - may be used to record temperatures
14. **Constrict** - To get smaller
15. **Cyanosis** - A dusky, bluish discoloration of the skin, lips, and/or nail beds as a result of decreased oxygen and increased carbon dioxide in the bloodstream.
16. **Diastolic Blood Pressure** - The pressure remaining in the arteries during ventricular relaxation
17. **Dilate** - To get larger
18. **Dyspnea** - Difficult or labored breathing
19. **Electronic Thermometers** - This type of thermometer registers the temperature on a viewer in a few seconds.
20. **Fever** - Elevated body temperature, usually above 101 degrees F, rectally
21. **Height** - Is the measurement of the length of the human body, from the bottom of the feet to the top of the head, when standing erect.
22. **Homeostasis** - Is the ideal health state in the human body.
23. **Hypertension** - High blood pressure
24. **Hyperthermia** - Occurs when the body temperature exceeds 104 degrees, measured rectally.
25. **Hypotension** - Low blood pressure